The effect of Tellington Ttouch® method on the horse behavior in daily tasks

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Introduction

- Master thesis

- When working with horses, we perform daily tasks, such as: feeding, cleaning the stable, coat and hoof care.

- Thereby, it must be trust between horse and human that the work could proceed safely with minimal risks of injuries for horse, human or both.

- The main objective of the study was to examine the effect of Tellington TTouch® method on the horse behaviour during the hoof care.
Material and Methods

- **Trial 1**
  - 6 Lipizzan horses
  - School horses

- **Trial 2**
  - Case
  - Problematic horse
Methods – trial 1

- 1\textsuperscript{st} week - 'traditional' method
- 2\textsuperscript{nd} week - Tellington Ttouch\textsuperscript{®} method
- Three days per week
  - lifted every foot once, clean down hooves and simulate shoeing

Observations:
- time needed for hoof care
- number of attempts to take away foot
- number of actual take away foot
- horses heart rate
- optical communication
Methods – trial 2

- **Tellington Ttouch® method**
  - 4 weeks in the pasture
  - 4 weeks during the hoof care

- **Observations**
  - optical communication
  - heart rate - measured to determine if the aggressive behaviour was a result of a fear

- **Data**
  - were analysed with statistical programme SAS/STAT.
Tellington Ttouch® method

- Basic circle
- Trust touches:
  - shells touch
  - mouth touch
  - ear touch
  - rear leg touches
- Touches to improve awareness:
  - Noah‘s March Ttouch®
  - Octopus touch
The Tellington Ttouch® method

- Tellington Ttouch® method is a collection of different circles done with hands and fingers over various parts of horse's body to enhance trust, body awareness, improve health and performance.
- Linda Tellington-Jones has developed more than 30 different Ttouches®, each having a slightly different effect and each Ttouch is naming after an animal.
<table>
<thead>
<tr>
<th>Time needed for hoof care (s)</th>
<th>Traditional method (LSM ± SE)</th>
<th>Ttouch® method (LSM ± SE)</th>
<th>Difference Estimate</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>306.5 ± 15.54</td>
<td>316.2 ± 15.54</td>
<td>9.7 ± 11.10</td>
<td>0.3921</td>
</tr>
<tr>
<td>Front left</td>
<td>55.0 ± 4.18</td>
<td>63.7 ± 4.18</td>
<td>8.7 ± 3.77</td>
<td>0.0294</td>
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<tr>
<td>Front right</td>
<td>59.3 ± 4.93</td>
<td>60.9 ± 4.93</td>
<td>1.6 ± 6.06</td>
<td>0.7995</td>
</tr>
<tr>
<td>Rear left</td>
<td>61.4 ± 4.31</td>
<td>49.8 ± 4.31</td>
<td>11.6 ± 3.46</td>
<td>0.0026</td>
</tr>
<tr>
<td>Rear right</td>
<td>50.1 ± 4.12</td>
<td>47.7 ± 4.12</td>
<td>2.4 ± 5.83</td>
<td>0.6784</td>
</tr>
</tbody>
</table>
## Results & Discussion – T1-Att.

<table>
<thead>
<tr>
<th>N of attempts to take away foot</th>
<th>Traditional method (LSM ± SE)</th>
<th>Ttouch® method (LSM ± SE)</th>
<th>Difference Estimate</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>6.06 ± 1.32</td>
<td>1.22 ± 1.32</td>
<td>4.83 ± 0.91</td>
<td>0.0001</td>
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<tr>
<td>Front left</td>
<td>2.00 ± 0.64</td>
<td>0.44 ± 0.64</td>
<td>1.56 ± 0.65</td>
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<td>Front right</td>
<td>1.78 ± 0.43</td>
<td>0.28 ± 0.43</td>
<td>1.50 ± 0.41</td>
<td>0.0012</td>
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<tr>
<td>Rear left</td>
<td>1.72 ± 0.49</td>
<td>0.22 ± 0.49</td>
<td>1.50 ± 0.58</td>
<td>0.0163</td>
</tr>
<tr>
<td>Rear right</td>
<td>0.56 ± 0.19</td>
<td>0.28 ± 0.19</td>
<td>0.28 ± 0.22</td>
<td>0.2257</td>
</tr>
</tbody>
</table>
Results & Discussion – T1

- No statistical significant results for:
  - Actual foot take away
  - Heart rate
## Results & Discussion – T1-OC

<table>
<thead>
<tr>
<th>N of attempts to take away foot</th>
<th>Traditional method (LSM ± SEE)</th>
<th>Ttouch® method (LSM ± SEE)</th>
<th>Difference Estimate</th>
<th>p- value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>2.53 ± 0.23</td>
<td>3.28 ± 0.23</td>
<td>0.75 ± 0.14</td>
<td>0.0001</td>
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<td>Front left</td>
<td>2.31 ± 0.24</td>
<td>3.17 ± 0.24</td>
<td>0.86 ± 0.19</td>
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<tr>
<td>Front right</td>
<td>2.17 ± 0.20</td>
<td>3.31 ± 0.20</td>
<td>1.14 ± 0.21</td>
<td>0.0001</td>
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<tr>
<td>Rear left</td>
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<td>3.11 ± 0.27</td>
<td>0.81 ± 0.20</td>
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<tr>
<td>Rear right</td>
<td>2.53 ± 0.22</td>
<td>3.03 ± 0.22</td>
<td>0.50 ± 0.21</td>
<td>0.0237</td>
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Results & Discussion – T2

- After first 4 weeks at the pasture:
  - horse became relaxed and willingly accepted touching with its head and neck.
- After 4 weeks with hoof care three times per week:
  - Optical communication has increased from 1 to 2.5.
- After two months of Tellington Ttouch® method:
  - The trust between horse and human were enhanced - the horse changed its aggressive behaviour in the pasture
  - The heart rate was decreased from 56 to 42.5 beats per minute
Conclusions

- Horses without bad experience:
  - practically no change in behavior using Ttouch method comer to classical treatment
  - More relaxed
  - Additional time sped for Ttouch

- Case of horse with bad experience:
  - Huge improvement of behavior
  - Drastically stress reducing
Thank you for your attention